



Mental Health Update

April 27, 2006

Sustaining Dialectical Behavior Therapy in Vermont

The Division of Mental Health is in the midst of coordinating a six-day intensive training on Dialectical Behavior Therapy (DBT). DBT has been established by research as the most effective intervention for treating individuals with Borderline Personality Disorder. Since the early 1990's when DBT was first created, Vermont has been focused on developing DBT programs within the 10 designated mental health agencies, but it was not until 2003 that the state was able to establish fully capable DBT programs in nine of the 10 agencies. These programs have been funded through a series of federal grants that have now ended. Vermont is now using state training funds and Division staff to help maintain the existing DBT programs and a well-trained workforce to provide DBT. For more information, contact Nick Nichols at 652-2020.

A New Model for Treatment

Over the past year, Washington County Mental Health Services (WCMHS) has developed a new treatment model for adults entering mental health and substance abuse services through the Public Inebriate Program. In doing so, WCMHS worked with a host of community partners—local and state police, corrections, the recovery community, mental health and substance abuse representatives, town managers, probation and parole, and hospital emergency rooms—and with the Alcohol and Drug Abuse Division of the Vermont Department of Health. WCMHS will be presenting its new model at a forum at the Woodridge Nursing Home Conference Room in Berlin, Vermont, on Thursday, May 4, 2006, from noon until 1:30 p.m. The kind of work that has gone into this project is an excellent example of the potential for coordination and integration of mental health and substance abuse services.

National Johnson & Johnson/Dartmouth Community Mental Health Meeting

Representatives from the Vermont Department of Health, Division of Mental Health and the Department of Disabilities, Aging and Independent Living, Division of Vocational Rehabilitation, recently attended a national meeting regarding the Johnson & Johnson/Dartmouth Community Mental Health Program on Supported Employment. The company-sponsored meeting was held in Washington, D.C., on April 6 and 7. Vermont has been actively involved in the genesis and ongoing development of this program, initially as a demonstration site and now in a full active partnership with an ever-expanding group of states from across the country.

For people with mental illness, being able to move beyond the concept of disability and having a meaningful role in society are among the most important quality-of-life issues. Employment can be a major step in the recovery process, resulting in decreased

symptoms of illnesses like depression or schizophrenia, and increased self-esteem for people with real jobs.

Vermont benefits from ongoing participation in this program by sharing information, ideas and data with a growing learning community of states committed to supporting the competitive employment goals of people with mental illness.

Minutes of Adult Program Standing Committee Meetings

These minutes are now being posted on the Vermont Department of Health's new Website at healthvermont.gov. Click on [Mental Health, Substance Abuse Prevention and Treatment], then [Mental Health Services], then [Boards and Committees], and finally [State Program Standing Committee] or the direct address is: <http://healthvermont.gov/mh/boards/adult/adults-state-standing.aspx>

FUTURES PLAN

The Futures Project has a new home on our website:
<http://healthvermont.gov/mh/futures/futureshome.aspx>

This website includes links for the Futures work groups and programs. Over the next few weeks we will be moving more and more information into the site. Check it out.

Futures Plan Approved

The Futures project passed an extremely important milestone this week: legislative approval of the plan. On Tuesday the Joint Fiscal Committee of the Vermont Legislature voted unanimously to approve the Futures Plan. Combined with the Joint Legislative Mental Health Committee's approval (voted on March 22), it means that the broad policy direction and specific service recommendations detailed in the Futures plan have legislative support to proceed. By these actions, the legislature has specifically approved the following:

- development of new inpatient services at the Intensive and Specialized level of care at one primary location and one or two additional capacities;
- creation of new community residential recovery programs for both the sub-acute and secure levels;
- new peer support programs;
- new resources for transportation;
- 10 new crisis beds;
- additional money for housing; and
- support for a care management system.

Included in the plan is a five-year estimate of resources needed to support the phased implementation of these new services. In addition, the plan clearly articulates the necessity of supporting and sustaining the current services infrastructure in both community and hospital programs.

Together we can all take pride in this accomplishment.

Futures Staffing

The Futures project is recruiting for a senior policy advisor. This full time position will assist with the development of the project CON applications, provide staffing support to project work groups, and coordinate communications about the project. Interested individuals may call Beth Tanzman (652-2010) for more information and are encouraged to fill out an application with the State of Vermont: www.vermontpersonnel.org.

Futures: Community Residential Recovery

The Futures work group on Community Residential Recovery (CRR) programs heard a detailed update on the Williamstown initiative from Michael Hartman, CRT director of Washington County Mental Health Services. The consortium of agencies planning this facility has completed the first phase of its work to meet with town officials, economic development leaders, community representatives and neighbors of the property to be converted from an inn to a CRR facility. In the next six weeks, the consortium will work to design its corporate structure, further develop programmatic detail for operating the facility, and gain clarity on a range of issues in preparation for launching the program. The CRR work group plans to reconvene on June 7th when planning work is at a point for discussion and feedback.

UPCOMING MEETINGS

VSH Futures Advisory Committee

(State Complex Waterbury)

- May 15th 2:00 – 4:30 (Skylight Conference Room)
- June 26th 2:00 – 4:30 (Skylight Conference Room)

VSH Futures Clinical Care Management

- April 28 9:00 – 11:00 (Skylight Conference Room/break out in BlueRoom)

VSH Futures Housing Work Group

No meeting scheduled at this time

VSH Futures Community Residential Recovery Working Group

June 7 9:00–11:00 WCMH 2 Moody Court, Waterbury (Green Bldg. East of RR station)
(conference call 1-877-278-8686 pin 460795)

VSH Futures Facilities Work Group (with Architecture Plus)

Health Department, 108 Cherry Street, Burlington, Conference Room 3B

- May 22 1:00-4:00 3B
- June 12 All Day for presentations: various locations

VSH Futures Employees Work Group

AHS Secretary's Conference Room, Waterbury

- April 28 2:00-4:00

Statewide Program Standing Committee for Adult MH

Stanley Hall, Room 100, State Complex, Waterbury

- May 8 1:00-4:30
- June 12 1:00-4:30 Cyprian (Hazen's Notch)
- July 31 10:00:-1:30 (continues into Planning Council in afternoon, see below)
- September 11 1:00-4:30
- October 2 1:00-4:30
- November 13 1:00-4:30
- December 11 1:00-4:30

Statewide Program Standing Committee for Children's MH

Meets the 4th Monday of the Month, Conf Rm 207 Burlington (except May 8)

- May 8 10:00-12:00 Stanley Hall Rm 100 (w/Planning Council)
- June 26 10:00-2:00
- July 24 10:00-2:00
- August 28 10:00-2:00

MH Block Grant Planning Council

- May 8 10:00-12:00 Stanley Hall Rm 100
- July 31 2:00-4:00 Stanley Hall Rm 100
- November 13 TBA

VSH Governing Body Meetings

3rd Wednesday of the month, 1:30-3:30 VSH Admin. Conf. Rm., Dale 1, Waterbury

- May 17
- June 21
- July 19

Designated Agency Redesignation Schedule

- May 1 NKHS
- July 26 HCRS
- October 30 WCMH

VERMONT STATE HOSPITAL CENSUS

The Vermont State Hospital Census was 49 as of midnight Wednesday night. The average daily in-house census for the past 45 days was 48.7.